

Need a lift?

By Master Sgt. Pat McKenna
Public Affairs

ARFOR officers get
taken down by NCOs
in flag
football 35 to 6

Page 10

Softball standings
as of Sept. 15

AFFOR A	5-0
Fire Dawgs	3-0
228th	3-1
AFFOR B	3-2
Comayagua	1-1
Honduran AF	0-4
J-Staff	0-4

See Air Lift ,Page 6

Photo by Master Sgt. Pat McKenna
A CH-47 Chinook helicopter from Soto Cano AB pulls the sunken Honduran
helicopter out of the reservoir.

Chaplain's Corner

Finding peace resolves problems

By Chaplain (CPT) Arleigh vonSeggern
JTF-Bravo Chaplain

An event occurred one evening when I was performing one-on-one counseling. I met with an individual who was having a hard time, he poured out his heart to the point of tears. I gave some ideas to help him cope, and asked him if we could take it to the Lord in prayer, after all, He is stronger and mightier than any of us, and can do much more than we could think or ask.

He cut me off my saying he doesn't believe in God and doubted if that would do any good.

I let it go at that, I don't believe in forcing something down someone's throat. But it left me feeling helpless, for God is stronger than us and could do more with this situation than I, or this individual, could.

A little later, I met with another individual. He poured out many of the same cares and concerns. He was not to the point of tears, but it was obvious he was upset. I again gave some ideas to cope and asked if we could present these to the Lord in prayer.

He also cut me off by saying that he was a member of a non-Christian religious group and didn't see any use in prayer. I again left it at that, not wanting to appear pushy with religion, but feeling helpless.

A little later, I met with a third individual. He also poured out his heart and his problems, concerns, and fears. It is amazing, how similar these three individuals were, but they each felt they were alone. But this person was different, he asked for some scriptural passages to help him make it through this hard time.

This night, it dawned on me how secure a Christian is, even in the face of problems. A person who trusts God can approach each and every situation with confidence knowing God is with him, even if he were to walk through the "valley of the shadow of death" (Psalms 23). There are some things we have control over and things we have no control over. A lot of our troubles we bring on ourselves, they are self-inflicted.


On the other hand, there are some things beyond our control — like the situations in these people's lives. It takes wisdom to know the difference.

This night, I came away with a new understanding of the Scriptural passage, "You will keep in perfect peace him whose mind is steadfast, because he trusts in you." (Isaiah 26:3, New International Version). May we also have that peace as we trust in the God who can and does much more than we could ever imagine or think.

www.cfcconverseas.org

GIVE to the
Combined Federal Campaign

You Can



Make a World of Difference

Services consolidate exchange cards

By Gerry Gilmore
American Forces Press Service

WASHINGTON — Life is simpler for military exchange customers: Now there's just one charge card instead of two.

The Department of Defense mandated the consolidation of the Delayed Payment Plan charge card issued by the Army and Air Force Exchange Service and the NEXCARD used in Navy and Marine exchanges, said Connie Gordon, general manager of the AAFES facilities at Fort Belvoir, Va. The Military Star Card is the result, she said.

The Star Card will be accepted at most of the AAFES, Navy, Marine Corps and Coast Guard exchanges, activities, to include catalog and military clothing stores operated by AAFES and Marine Corps exchanges, Gordon said. Previously, the only exchange-issued cards that stores honored were their own.

"We expect the Marine Corps and Coast Guard to be opening up more sites to accept the Star Card very soon," Gordon said.

AAFES, the Naval Exchange Service Command, the Marine Corps Exchange Service and the Coast Guard have approved the new card for use, she said. The official implementation date was Sept. 8, she added, but DPP cardholders in good credit standing began receiving their Star Cards in the mail weeks ago.

Customers are asked to destroy their old DPP and NEXCARD upon receipt of their new Star Card, according to exchange officials.

Customers may still use old cards until Dec. 31; only the Star Card will be accepted after that. The Star Card cannot be used at Class A package stores or exchange stores. They also cannot be used for food courts, which usually are operated by contractors.

Authorized customers who haven't received their new Star Cards by the end of October should call the following numbers starting Nov. 1:

- 1-877-891-7827 United States (includes Alaska and Hawaii).
- 0130-81-2469 Germany.
- 00531-114239 Okinawa, Japan.
- 8008-72683 Italy.
- 00308-130663 Korea.
- 800-96-1843 United Kingdom.
- 00531-11-4239 Japan.
- 0800-1-6374 Belgium.
- 1800-546-7195 Guam.

All of the above numbers can be called toll free.

- 214-312-6030 Turkey, Saudi Arabia, Spain, Norway, Crete, Netherlands (Collect).


Gordon said the new program features redesigned balance statements designed to help customers better manage their accounts.

The Star Card carries a 14.25 percent interest rate, the same rate as the cards it supercedes, said Stacy Martinez, AAFES Customer Service Agent.

That rate, she said, is competitive with similar store credit cards.

Use of the Star Card benefits the entire military, Gordon said. "The earnings that come from this card are plowed back into the military community in the form of morale, welfare and recreation dividends," she said. "It is a special benefit for customers (and) a win-win."

The Iguana



EDITORIAL STAFF
JTF-Bravo Commander
COL Michael Wood

Public Affairs Director
1st Lt. Kim Garbett

Superintendent
Master Sgt. Patrick McKenna

Editor
SPC Bradley Mincey

Photo technician
Martin Chahin

Production Assistant
Eric Schwimmer

E-mail: pao@jtfb-emh1.army.mil

Website: <http://www.southcom.mil/home/jtfbravo>

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DOD defends its readiness record

By Jim Garamone
American Press Services

WASHINGTON — People wanting to know if U.S. forces are ready “should ask Saddam Hussein,” said Defense Secretary William S. Cohen.

Cohen, visiting Bowdoin College recently in Brunswick, Maine, said the United States has the best forces in the world.

“I think we should ask (Iraqi dictator) Saddam Hussein whether or not (U.S.) forces were ready to carry out Operation Desert Fox,” Cohen said. “I think we should ask (Serbian President Slobodan) Milosevic whether or not we were ready to carry out the Allied Force operation in Kosovo.”

According to Pentagon spokesman Ken Bacon, the United States is spending close to \$300 billion per year on national defense. “It’s more than all our NATO allies combined are spending,” he said.

Bacon said the military could always spend more, but that “the military and civilian leadership have

worked very hard in the last several years to meet the needs of the military.”

Bacon cited recent pay hikes, pay table reform and revamping the military retirement system as examples of DOD’s efforts to make military careers more attractive.

Recruiting has been a problem for the services, Bacon said these personnel changes seem to be working and noted all four services will make their fiscal 2000 recruiting goals.

Bacon also said DOD has devoted \$60 billion to modernization in the fiscal 2001 budget, up from \$45 billion in fiscal 1998. Modernization is not only accomplished through new equipment, but also through new ideas.

Bacon described the Air Force unmanned aerial vehicles programs as ways to gather intelligence and place them in the hands of those who need it quickly. He spoke about the Army’s efforts to make the service lighter, more mobile and more lethal. The Navy Marine Corps is looking at ways to make ships more modern and more lethal with fewer sailors aboard. “We’re working on

a variety of projects,” Bacon said. “This takes time. It requires a lot of investment, but we won’t see the results immediately.”

Responding to reporters’ questions about troops’ food stamps, Bacon said that unfortunately some people in the military qualify for them, but the number is dropping. A total of 19,400 service members received food stamps in 1991.

“Today we estimate that there are 5,100 people on food stamps,” Bacon said. He noted DOD has asked Congress for authority to take over the program for active-duty service members. By not considering housing allowances as income, which the Agriculture Department does, DOD could actually increase the number of service members eligible for assistance by 2,500.

Bacon also pointed to another indicator of readiness — operations and maintenance funding. “The amount of spending per active-duty soldier, sailor, airman or Marine has increased by 20 percent in real terms in the last decade,” he said. The number went from just over \$50,000 in 1992 to more than \$60,000 in fiscal 2001.

Family Readiness Conference says new age dawns for families

By Linda Kozaryn
American Forces Press Service

PHOENIX — Uncle Sam still doesn’t issue wives and husbands, but more than half the military force has families — and they’re here to stay.

A new age has dawned, according to senior defense officials attending the Defense Department’s Family Readiness Conference here Aug. 22 to 24. Defense leaders recognize the vital role families play in supporting military readiness.

More than 800 family support specialists have gathered here this week to talk about a subject that’s been a top Pentagon priority in recent months. People came in from active duty and reserve component units from throughout the United States and overseas. This meeting is the first of its kind since 1992.

Defense Secretary William S. Cohen and his wife, Janet Langhart Cohen, seem to have sparked a fire in this support community when they hosted what they dubbed “the first annual Military Family Forum” at the Pentagon in May, followed by the Senior Enlisted Adviser’s Forum in June. Plans for a second military family forum are already in the works to keep the momentum going.

There’s excitement here as people attend the various workshops. Dorothy Ogilvy-Lee, who heads the National Guard Family Program, said the recent Pentagon focus on family issues validates the work she and many of the other attendees here have been involved in for years.

“We’re in the people-building business,” she said.

A large contingent of Army and Air National Guard family coordinators held a pre-conference workshop Aug. 21, and did the Navy. The DOD conference

kicked off the next day.

Victor Vasquez, deputy assistant secretary of defense for military community and family policy, opened the meeting and was followed by Alphonso Maldonado, assistant secretary for force management policy. Vasquez tackled community well-being, while Maldonado outlined DOD initiatives to improve families’ economic well-being.

Bernard Rostker, undersecretary of defense for personnel and readiness, who’d been visiting troops in Europe a day earlier, next highlighted the department’s awareness of the need for family readiness. He said DOD’s overall goal is to build “strong communities that create cohesion and career commitment.”

Rostker announced an initiative to meet more of DOD’s child care needs by increasing in-home care. Calling this segment “the largest untapped portion of our child care program,” he noted the effort would also provide more spouse employment.

He also announced that DOD would soon provide Women, Infants and Children benefits to military families serving outside the United States. An amendment to the Title 10, U.S. Code WIC program now authorizes DOD to provide food supplements and nutritional education overseas.

DOD plans to run a test pilot at five overseas locations selected by each of the services by January 2001, two in Europe, two in the Pacific and one in Guam.

With a humorous, folksy twist that had even the top Pentagon leaders

laughing, Gaylor said to embrace technology, “My wife and I have a microwave

Charles Cragin, assistant secretary of defense for reserve affairs, later turned the spotlight on Reserve component families. Because frequent deployments are now as much a reality for them as

High-tech gadgetry is here to stay, Gaylor said. “The last gadget you bought was outdated when you plugged it in. It’s like ‘Old Man River;’ it keeps rolling along. It just keeps getting better and better.”

Cragin spoke about a woman who discovered her family could not get dental coverage while her husband was deployed for 270 days, because he fell short of a policy requiring two years’ active service.

“They told her, ‘Sorry,’” Cragin said. “Well, ‘sorry’ just isn’t good enough. We up and down.”

But, Gaylor said, people still need a “high touch.” That means caring, sharing, giving and doing things together for people. “It’s an interactive thing,” he said. “A hug is high touch. Good service to Create Wealth With in a restaurant. Allowing someone to merge in heavy traffic and they wave to you and you feel virtuous.”

He told of seeing an 11-year-old boy can save money. Fed named Juan in Laredo, Texas, who delivered burgers and fries from a local station representatives after school. The boy actually ran to the Web program called He asked Juan why he ran, and the boy replied, “People like hot French fries.”

“People need to be treated like warriors,” Gaylor concluded. “I believe that has a name. It’s called the Golden Rule.”

The chief then saluted the military’s new emphasis on family concerns. When I went to Korea years ago, I left behind a wife with two children and a newborn,” he recalled. “When I tried to talk to my platoon sergeant about it, he said, ‘Why are you talking to me? That’s your concern.’”

As this conference shows, Gaylor said, times have changed, and it’s definitely a new age for military families.

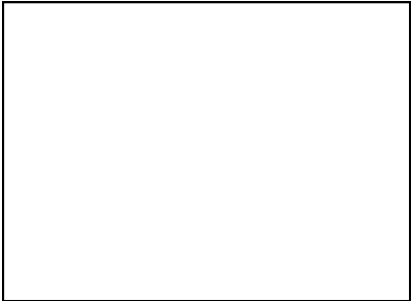
“We’re in the people-building business.”

Dorothy Ogilvy-Lee,
head of the National
Guard Family Program

Keep on training



A Soldier from the 1st Battalion, 228th Aviation Regiment dons his protective mask before walking into the gas chamber.



Prior to using the masks, special filters had to be put on to make mobility easier for the helicopter crews.

Time running out for military absentee voters

By SSG Kathleen Rhem
American Forces Press Service

WASHINGTON — Time is running out to register to vote absentee in the Nov. 7 presidential election. Federal voting officials recommend individuals voting by absentee ballot, including the roughly six million potential voters covered under the Uniformed and Overseas Citizens Absentee Voting Act of 1986, send in their federal postcard applications at least 45 days before an election.

Many states require the applications be postmarked at least 30 days before the election date. Officials with the Federal Voting Assistance Program have published a tremendous amount of information about absentee voting on the Internet at www.fvap.ncr.gov.

State-specific information can be found at <http://www.fvap.ncr.gov/otherlinks/statelinks.html>. The Voting Information Center's toll-free number is (800) 438-8683, or for those using the military's Defense Switched Network, 425-1584. Toll-free numbers for 50 foreign countries are available on the Internet at <http://www.fvap.ncr.gov/tollfree2000.htm>.

Another section military voters might find particularly helpful is <http://www.fvap.ncr.gov/publications/howtoinfo.html>. This page consists of an electronic version of the useful pamphlet "How To Do It — Vote Absentee." The pamphlet answers such questions: Can I vote absentee? How do I apply for an absentee ballot? When is the best time to apply? The pamphlet is also available through unit and installation Voting Assistance Offices.

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*I want to go to the American Embassy.
Quiero ir a la Embajada Americana.*

*How much does this Coca-Cola cost?
Cuanto cuesta esta Coca-Cola?*

*Thank you for your help.
Gracias por su ayuda.*

*How are you?
Como esta?*

Two orphanages benefit from team effort

By Spc. Brad Mincey
Iguana Editor

"I wanted to do something like Nicaragua came to pick up one load this then, but the operation tempo and carried it back to the base camp was too high to spend any time on it," "Once there, the civil affairs people said Madigan. "We were just too busy." "The other half of the shipment went to local schools, orphanage Nicaragua and Honduras. There were a few difficulties with and retirement homes here in Honduras. The Palos Hills Police Department getting the donations to the two orphanages. "As you can imagine, the children were excited and overjoyed," said Madigan. "The various organizations for American Airlines to ship the donations are really overwhelmed with clothing for adults and children tire load free of charge, once they reached Honduras, it took several days before the goods were allowed to pass through customs. The collection began after SGM The J-5 and liaison officers at the Paul Madigan spent six months at the embassy worked hard for days to get the liaison officer to the Guatemala the items out of customs. project, but probably the most Military Group after Hurricane Once that was done, the donations worthwhile I have ever been in Mitch roared through the area came to Soto Cano where they were involved with." in much destruction to the area. divided into two loads. A Ch-47 from

Th Lizard

106.5 FM

Rockin' JTF-Bravo

Monday through Friday

Midnight to 7 a.m.	Top 40
7 to 10 a.m.	"Morning Break"
10 a.m. to noon	Country
Noon to 2 p.m.	R&BAFN Jamz
2 to 5 p.m.	"Lizard Lair"
5 to 9 p.m.	Z-Rock
9 to 10 p.m.	Rush Limbaugh
10 p.m. to midnight	Top 40

Saturday

Midnight to 8 a.m.
Top 40
8 a.m. to noon
Rick Dees Top 40
Noon to 6 p.m.
Z-Rock
6 to 10 p.m.
R&BAFN Jamz
10 p.m. to midnight
Adult Rock



Sunday

Midnight to 5 a.m.	Adult Rock
5 to 8 a.m.	Jazz
8 to 10 a.m.	Adult Contemporary
10 a.m. to 2 p.m.	"Country Countdown"
2 to 6 p.m.	"Countin' Down the Hits" R&B
6 to 9 p.m.	Jazz
9 p.m. to midnight	Adult Rock

Soto Cano Shuttle schedule

The daily shuttle bus to Tegucigalpa Air 9:30 a.m. - Arrive Mall
port departs at 8:30 a.m. 9:40 a.m. - Depart Mall

Due to the traffic and long lines at the airport, 10 a.m. - Arrive Bowling Alley
our troops are still in the check in line ten minutes before there flights are supposed to depart 10:10 a.m. - Depart Bowling Alley

Anyone who is going on leave, PCS, TDY or 10:20 a.m. - Arrive White House
needs to get to the Tegucigalpa Airport for any 10:30 a.m. - Depart White House
reason and is planning on taking the shuttle 10:45 a.m. - Arrive La Colonia Supermarket
needs to be at the bus stop by 8:25 a.m. If there 11:15 a.m. - Depart La Colonia Supermarket
are any questions, please notify the transportation office. 11:30 a.m. - Arrive Mall
2:30 p.m. - Depart Mall

2:40 p.m. - Arrive Bowling Alley
2:50 p.m. - Depart Bowling Alley
3:05 p.m. - Arrive White House
3:20 p.m. - Depart White House
4:50 p.m. - Arrive Soto Cano AB

Tegucigalpa Courier Schedule Monday through Friday

9 a.m. - Depart Soto Cano AB
10:30 a.m. - Arrive Hospital
10:40 a.m. - Depart Hospital
11:10 a.m. - Arrive Dime
11:20 a.m. - Depart Dime
11:35 a.m. - Arrive White House
11:45 a.m. - Depart White House
Noon - Arrive U.S. Embassy
1:45 p.m. - Depart U.S. Embassy
2:45 p.m. - Arrive Dime
2:55 p.m. - Depart Dime
3:10 p.m. - Arrive White House
3:30 p.m. - Depart White House
5 p.m. - Arrive Soto Cano AB

Saturday and Sunday
8 a.m. - Depart Soto Cano AB

1st and 3rd Saturday (Golf Course Only)

8 a.m. - Depart Soto Cano AB
9:10 a.m. - Arrive Golf Course
3:30 a.m. - Depart Golf Course
5 p.m. - Arrive Soto Cano AB
For reservations, call MWR at ext. 4268 by noon Friday.

Airport Service Monday through Sunday

8:30 a.m. - Depart Soto Cano AB
10:30 a.m. - Arrive Airport
1:30 p.m. - Depart Airport
3 p.m. - Arrive Soto Cano AB
To ride the airport shuttle you must reserve a seat by calling the ARFOR Transportation office at ext. 4336 or 4623.

Air Lift

(Continued from Page 1)

to Utila in the Caribbean, the location of the closest hyperbaric chamber.

On Saturday, the Navy divers and 40-odd members from Joint Task Force-Bravo, including Air Force fire fighters and rescue personnel, Army military police and helicopter riggers, convoyed out to the El Coyolá Dam, about 25 miles from Soto Cano and about 100 miles from Tegucigalpa, the capital of Honduras.

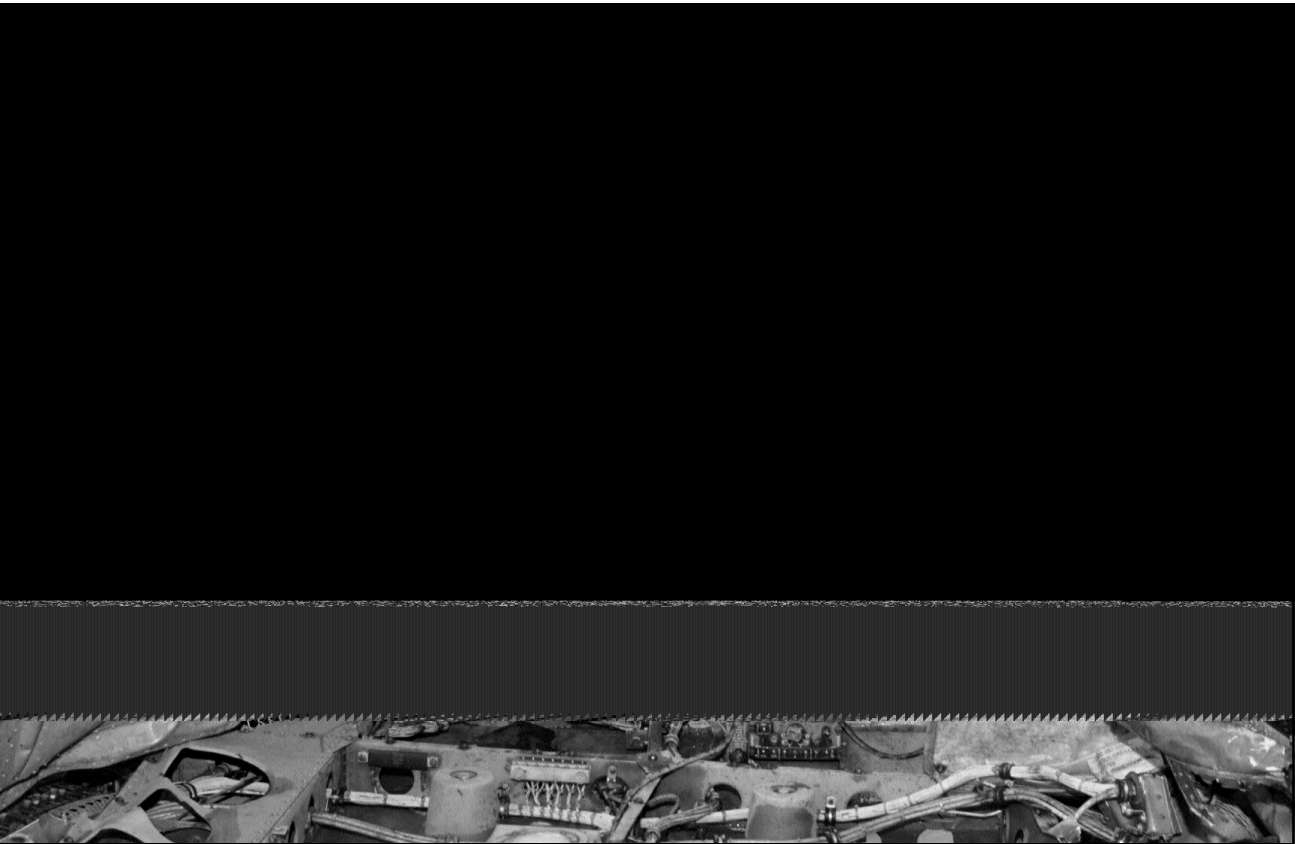
"In the truest sense of the term, this was a joint operation," said Air Force Lt. Col. John Brainerd, the on-scene commander of the recovery operation and JTF-Bravo's commander at JTF-Bravo. "We've really come together as one team to accomplish a common goal. The line between the services was transparent and we were all talking the same language."

The six divers launched from a makeshift wooden barge made from lashed-together 55-gallon drum barrels, which a Zodiac inflatable raft towed out to the middle of the reservoir. The divers threaded two Kevlar slings through the downed helicopter's fuselage while two soldiers topside in a boat hooked together the slings.

"We rigged up the top portion while the Navy divers did everything below," said Army SGT Randy Clemons, a parachute rigger with JTF-Bravo's headquarters and support company platoon. "It was a great experience. I'd never done anything like it before, and we didn't know what condition the helicopter was in or what it was going to look like when it surfaced."

The divers attached rubber bags to the Huey, inflating them with compressed air. Within a minute, the 7,000-pound helicopter floated to the surface. A twin-engine CH-47 Chinook helicopter from Soto Cano's 1st Battalion, 228th Aviation Regiment dropped a 100-foot cable, which the divers attached to the sling-load on the Huey. The Chinook pulled the mangled UH-1 helicopter across the reservoir and deposited it on a concrete pad on the dam's banks.

Riggers determined that it would be unsafe to handle

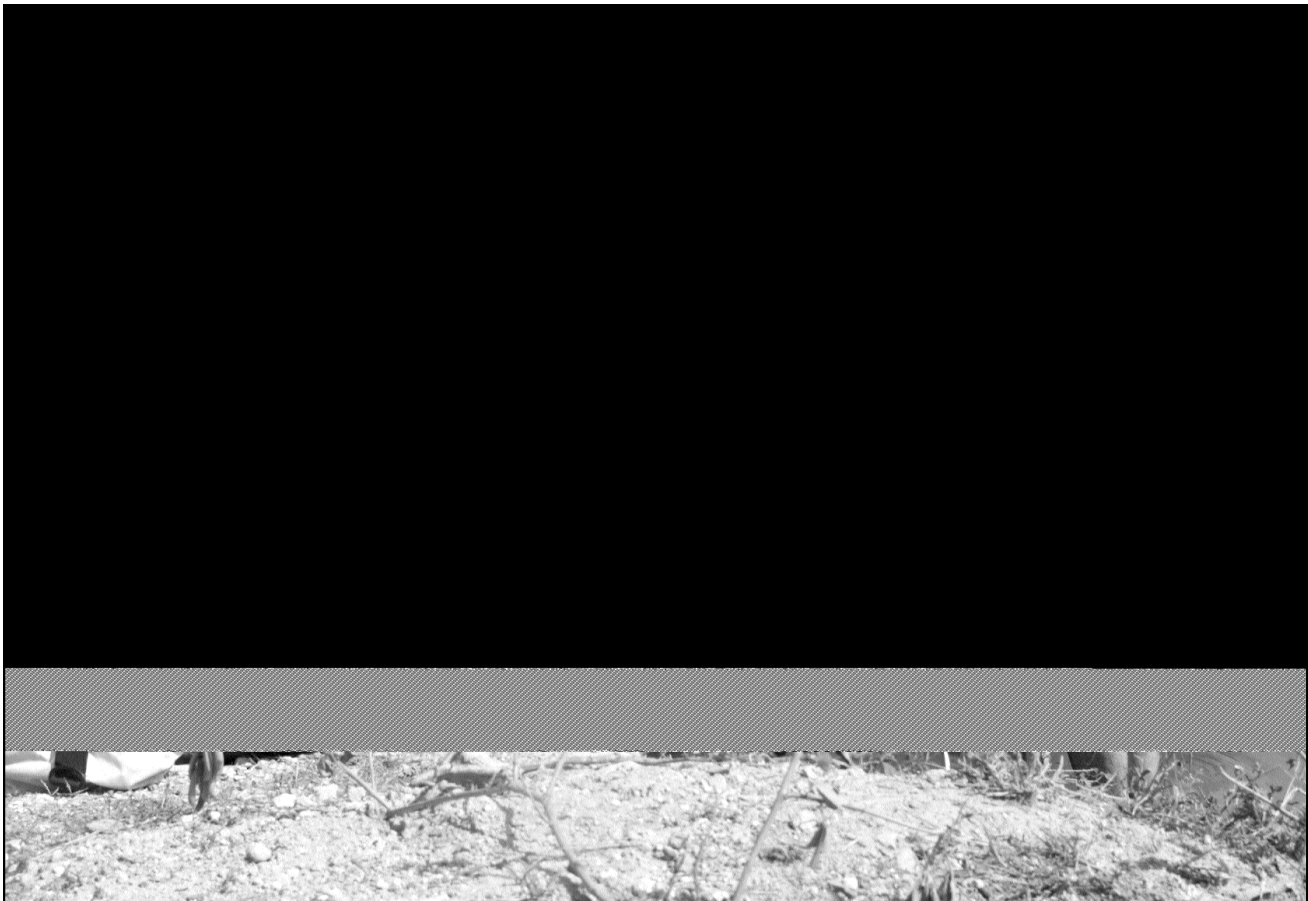


Photos by Master Sgt. Pat McKenna

Air Force Lt. Col. John Brainerd, on-scene commander of the recovery operations, surveys the wreckage of the mangled Honduran helicopter.

the helicopter, which was falling apart, back to Soto Cano. Honduran officials are still investigating the cause of the crash.

Senior Chief Petty Officer Kent Robarts, a master diver with the Roosevelt Roads team, said the dive was a milk run. "We were diving at altitude. The water was murky and we had very poor visibility. And we had to swim around a lot of sharp, jagged edges," he said. "But in the end, everything went smoothly and according to plan, just like we drew it up in Puerto Rico. All the work we did topside paid off in the end."



Honduran servicemembers construct a platform for Navy divers to work from while lifting the helicopter.



Soldiers and sailors pull the broken rotor blade of a Honduran helicopter that crashed in a reservoir to shore.

Manpower review to help JTF-Bravo personnel, future

By CPT Wayne Mattox
Personnel

During September, the U.S. Army Manpower Team made a visit to conduct a complete review of all positions in the Army Forces, Medical Element, Joint Security Forces and the Joint Staff.

This review gives our personnel the opportunity to show the upper echelons how much work they are completing on a daily basis.

The team's three-week visit addressed not only the proper manning requirements for each area but also the constant turnover battle and inadequate notification time some of our personnel receive for their deployment to JTF-Bravo.

Before the arrival of the team, each unit being reviewed was required to complete a baseline document.

This document gave the commanders and directors of each unit the opportunity to describe their current and future missions and how each person in that section was employed.

The team used the first few days of the visit to review this large and detailed document to try to make sense of how we do business. During the visit, the team's members conducted interviews of almost every person in each unit.

The interviews lasted about an hour, depending on the position the person holds, and gives the interviewee the opportunity to go in to greater detail about their job.

Once the process of data collection and interviewing is complete, the team will compile all the information into a report that recommends the structure and manning of JTF-Bravo.

The report will be briefed to the higher-ranking personnel at much higher levels. The impact of the team's recommendations will not likely be felt by any of us currently at Soto Cano but it will have a great impact on the future operations of JTF-Bravo.

I've had the pleasure of working with the team members for a few weeks now and the one thing that is clear is that they are not our enemies.

In the short time I have been here I do feel that each position in our units is critical and work intensive, especially since we are only one deep in many areas.

Base helps support national children's holiday

By CPT Thomas Talley
Civil Affairs

Back in the United States, school children tend to dread September. With the exception of Labor Day, there is not much in a month that is known mostly for ending summer and starting another school year. But in Honduras September is a month of parties and celebration. With Independence Day on the 15th, the entire month is given over to celebrations. And in this country, the children have a holiday all to themselves, just for being kids. Children's Day, celebrated every year on the 10th of September, is a national holiday here in Honduras. It is a day marked by neighborhood parties, family picnics, games, cake, candy, and of course, the ever-present piñata.

But if there is a group in this country that likes a party better than children, that would have to be the soldiers, airmen, and Marines of Joint Task Force Bravo. Given the opportunity to get involved, many leapt at the chance.

Through the auspices of the Honduran Charitable Organization, money for those personnel who helped deliver that was donated was spent towards the purchase of piñatas and the candy to stuff them with.

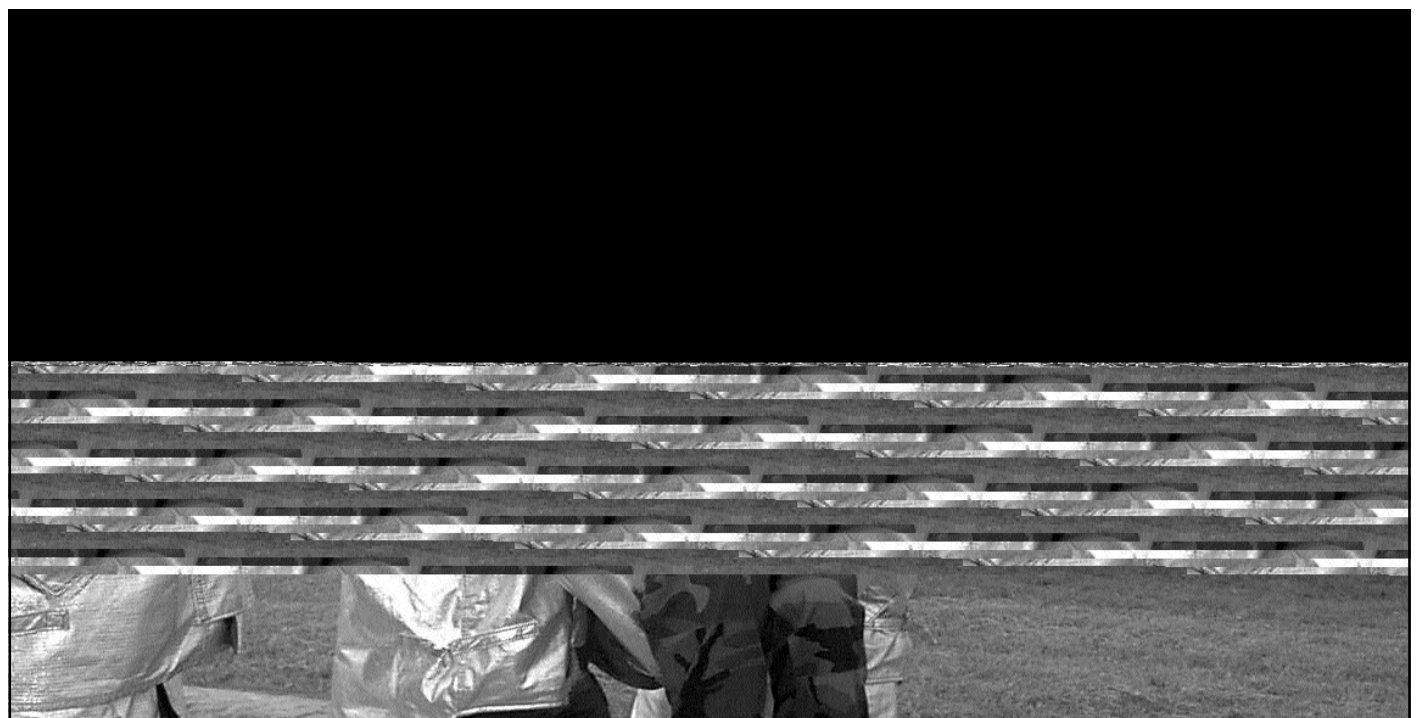
Over seventy piñatas were purchased; at one time overflowing the fices of the J-5 here with a wild assortment of brightly decorated creatures and animals. Over 20 schools and orphanages benefited from the generosity!



Photo by CPT Thomas Talley

The Santa of La Paz, LTC Andrew Fishman, causes an immediate recess as he delivers piñatas and candy to a local school.

For those personnel who helped deliver Children's Day parties over the weekend. Since Children's Day fell on a Sunday, and most people attend church and have family gatherings that day, the units hosted their Children's Day activities on Saturday. According to all the reports, none of the children seemed to mind having to celebrate Children's Day on Saturday and Sunday.



Courtesy Photo

Senior Airman James Nallett and Staff Sgt. Timothy Vickers carry a "wounded" soldier from a mock crashed helicopter during a Major Accident Response Exercise. This is a quarterly exercise that evaluates the bases response to an accident and tests equipment and personnel.

formed and a community risk-assessment tool is being developed for use at

Send a Holiday Greeting Home

The Power Lizard Radio Station and the Public Affairs Office will be recording Holiday greetings for the Hometown News Program. This program is only for members who will be deployed to Honduras during the Christmas holiday season. The greetings will be shot in uniform without hats in front of the fountain near the base theater. If you're interested in sending a video greeting back home to your local television station, please see MSgt Pat McKenna in the public affairs office to complete a release form and sign up for a time slot. Keep in mind there are no guarantees that your messages will be aired.

Free Headstart Spanish

Come in to the Soto Cano Air Base Education Center, Bldg H56, next door to the Post Office, and sign up for the Free Basic Conversational Spanish Class which runs Oct. 2 through Nov. 20, from 6 p.m. to 8 p.m. Monday, Wednesday and Friday (there is no class on 9 and Nov. 10). You may earn 2 Army promotion points. For more information, call ext. 4420.

VEAP to MGIB Conversion

All active duty military personnel who did or did not enroll in the Veterans Education Assistance Program upon NPS 1977-1985, and those who did or did not enroll in the Montgomery GI Bill upon NPS June 1985-present, may be able to do a VEAP to MGIB conversion.

The educational benefits are from \$8,100 (deposit \$2,700) with VEAP to over \$19,000 (deposit \$1,200) To access the trainer, open "Network Neighborhood" and then find and open "ADPE-Trainer." Before using the trainer, read the file in "AAAAA Open This First," which has instructions on setting up the trainer. For more information, call Jody Irish at ext. 4610.

In view of proposed legislation currently going through Congress, it is strongly recommended to VEAP-era personnel, who have a zero balance, deposit/maintain a minimum balance of \$25 if you plan on converting. As soon as possible, you would need to take your LES (that shows your VEAP status) to your JTFB Finance Office and pay the \$25.

All Ed Center Directors and ESOs worldwide are waiting for the written legislation between now and January 2001. At that time, the policy for FAO to convert personnel from VEAP to MGIB will be: Use AR 621-202, paragraphs 4-7c and 4-8, to reopen a suspended VEAP account; use payroll deduction form for allotment or lump sum; and for procedural and financial guidance call DFAS DSN 699-6594 or COML 317 510-6594.

The ESO or Ed Center Director will publish through JTF-Bravo PAO media when active duty personnel may come in to the Education Center and sign MGIB forms for conversion, then forms may be taken to Finance and Accounting Office for payment. The point of contact is Mo Eckols, Education Services Officer, eckolsm@jtfb-emh1.army.mil or ext. 4495.

Golf Course in Tegucigalpa

To clear up any confusion regarding the sign-up procedure for using the golf course in Tegucigalpa, those interested in playing can sign-up at Tours and Travel, MWR, located in the Recreation Center, Bldg. H401.

Soto Cano presently has 5 membership passes, and new clubs are also available for sign-out. The course is open seven days a week, but MWR provides transportation only on Saturdays.

New time for Golf Bus

The golf bus will be departing every Saturday morning at 7 a.m. from the contracting parking lot. You must

sign up at the MWR office to go by Friday at 1 p.m. If there are any questions, contact the transportation office at ext. 4336.

Driver's Class Changing

The Driver's Orientation Class will be changed back to its original day and time, Fridays at 8 a.m., in classroom H-72 across from the Post Office. For additional information, contact the Transportation Office at ext. 4336.



Important MWR Information

Please be advised that due to the limited number of transportation assets, anyone who wants to go on a scheduled MWR trip must sign up at the MWR Tours and Travel Office located in the Recreation Center. By doing this, we can determine prior to the day of departure what type of transportation is required. By signing up ahead of time, you are helping us to meet the needs of the JTF-B community. If a minimum of five people do not sign up for a trip, that trip will be cancelled.

ADPE Trainer is Available

Learn how to use Microsoft Office 2000 from your desktop by using the Automated Data Processing Equipment trainer. All users of JTF-Bravo's local area network have access to this computer-based trainer that will teach you step-by-step how to use Microsoft Office 2000.

To access the trainer, open "Network Neighborhood" and then find and open "ADPE-Trainer." Before using the trainer, read the file in "AAAAA Open This First," which has instructions on setting up the trainer. For more information, call Jody Irish at ext. 4610.

Smoking Cessation Class

For anyone interested in taking the Smoking Cessation Class given by MEDEL's Community Health Nurse. The dates are Aug. 14, 21 and 28 11 p.m. in the MEDEL classroom. There are only 15 seats available. POC for this class is CPT Meiler or SGT Hemphill. Contact Preventive Medicine at ext 4200 or 4500.

FLP Pay Rises

Foreign Language Proficiency Pay is up to \$300 per month per person when you pass the Defense Language Proficiency Test in whatever language you know.

More money is usually paid to those working in that language-required MOS or AFSC; however, a new regulation mandates that everyone get the incentive added pay monthly just by passing the exam.

Call ext. 4420 for information, or bring in a DA Form 4187 requesting a DLPT, and we will schedule you for the next test given Mondays and Wednesdays from 9 a.m. to noon at the Education Center.

Self Help Center

The Self Help Center is open to serve Soto Cano. DynCorp continues to pursue activities and programs that make life easier for its customers while stationed here at Joint Task Force-Bravo. The Self Help Center is located in Bldg. G-05, and is open Monday through Thursday 7 a.m. to 4:30 p.m., Friday 7 a.m. to 3 p.m. and Saturday 7 a.m. to noon.

The SHC offers minor construction materials, tools

and safety equipment for the maintenance and beautification of living and work areas. They also have pesticides for controlling insects and rodents.

Bring your Identification Card and attend one of the safety briefings when checking out power equipment.

Sailing Instructor Wanted

MWR is looking for a sailing instructor to teach at the lake. Anyone interested must be able to work weekends at the lake. This is a paid position. Salary and schedule can be discussed at MWR. Call ext. 4458 for more information.

Flight Sim Virtual Reality

For those Air Force personnel who have been tested in the flight simulation program, we thank you for your service and are glad you all expressed positive results. We keep these programs and will order the additional ones that you have recommended. However, the Flight Simulation Program is temporarily down. Our Soto Cano DOIM of J-6 found out why the high technological assets were not maximized; we need an upgrade system. We will be inactivating the Simulation System for a few weeks until the two new "super" computers are received. DOIM has identified some high tech needs that are not found on regular computers such as we have at Soto Cano. We will notify the aviation-affiliated units at the time it is activated. Point of contact is Mo Eckols at ext. 4495.

Alcoholics Anonymous

Meetings are held on Saturday evenings at 7 p.m. in the chapel at Bldg. N-403.

For more information, call ext. 4202. If you get the answering machine, feel free to leave a message. Someone will get back to you ASAP.



Antivirus Updates

We know it gets very monotonous doing signature updates every few days, but the antivirus companies have been working overtime lately to keep up with the plethora of viruses. There has been at least a half dozen viruses over the past two weeks. The problem arises when a "good" virus shuts or slows down the world, like the "I LOVE YOU" virus. Hackers then create copycat viruses, refining the code, to bask in the glory of "computer-world" panic. Bottom line: we appreciate the perseverance of our network users. However, it is a necessary evil to ensure we do not hinder or lose our connectivity. In the near future, we should have network software that gives our LAN managers the ability to "push" these updates to the users. Then they can easily update the computers without the users having to jump through all the hoops. If you have any questions or concerns, call J-6 at ext. 4167 or 4541.

In/Out-processing Time Change

Out-processing will be on Tuesdays in the Commander's Conference Room and in-processing will be on Thursdays in the ARFOR Conference Room. Both begin at 8:30 a.m.

Leave in Conjunction with TDYs

Effective immediately, all soldiers going on leave in conjunction with TDY have five working days to file their travel voucher (1351-2) and turn it into both Finance and S-1. If a voucher is not turned in within the five-day period, you will be charged the entire leave period listed on the leave form (DA 31). If voucher is turned in after the five-day period, all troops need to submit a letter of lateness.



ARFOR NCOs run over officers, 35 to 6

By SPC Brad Mincey
Public Affairs

It all started with a challenge and an e-mail.

The challenge went out for the Army Force's noncommissioned officers to meet the commissioned officers on the proud battlefield for a "friendly" game of the gentleman's sport — football.

But that is where the gentlemanly aspect ended and the raging and trash-talking began.

When 1LT John Pendleton sent out a e-mail about the game, he remarked the MEDEL personnel would be on hand to "administer first aid and give profiles to the NCOs."

Of course, within a short time he had a response.

SGT Luis Cordero responded by making the first rule of the game, which was that officers had to use their own two feet during play because wheel chairs were not allowed on the field.

An so, the banter began ...

The rules were simple — one hour of play to see which team could score the most points. Even though it was flag football, the rest of the rules were just like a normal football game.

In the end, the NCOs had out run, out thrown and just plain out maneuvered the officers 35 - 6.

Motivation was high for both teams in the beginning. The NCOs kicked off to the officers and the game began.

The officers had good momentum at first, but failed to score during their first drive.

After receiving the ball, it was a short time and a few plays before the NCOs scored the first touch down of the game.

The officers again drove hard for their TD but could not seem to get too far on the NCO defense.

Even with a few first downs, eventually, they had to kick or turn the ball over to the NCOs.

Fumbles plagued both teams, but unfortunately for the officers, only the NCOs seemed able to take advantage of the other team's mistakes.

The biggest advantage for the NCOs was their quarterback, Cordero. At 5 foot 3 inches, his low center of gravity and incredible speed allowed him to out-manuever almost anyone on the field whether he was throwing to a receiver or running for the end zone.

"Our quarter back was our strength," said Patrick Mouton of the NCOs. "They didn't rush him, and that allowed him to do whatever he wanted."

In the last half of the game, George Theriot slipped past the defensive line and scored one for the officers, but could not pick up the additional point.

"Their offense was so good, we got behind in the beginning and we just couldn't catch up," said Pendleton. "We tried to contain the quarter back, but he

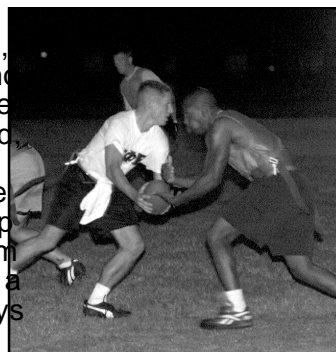
Luis Cordero's speed and maneuverability helped him score 12 of his team's 35 points during an ARFOR officers versus noncommissioned officer football game Sept. 13.

just ran all over us."

With a little sideline cheering section, not that they needed it because their motivation was plenty high without one, the NCOs continued to advance their lead finally ending the game 35 - 6.

Unfortunately for the captain of the losing team, there was an additional stipulation to the game. Whichever team lost, the captain would have to wear a dress during the company run two days later.

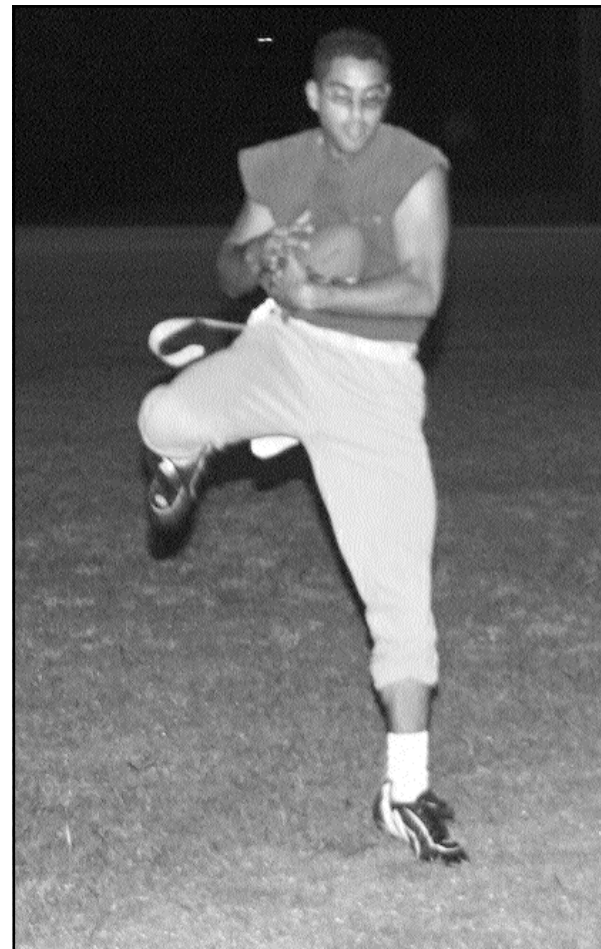
To say the least, Pendleton was not happy at the end of the game, but like a true officer and gentleman, he pressed his word.



John Pendleton hands the ball off to Williams during one of the officers' many drives.



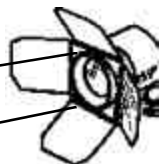
The officers try for a long pass on a 3rd-down play.



Kevin Santos makes a leap for the ball and brings it down before taking off and getting a 1st down for the NCOs.

Photos by SPC Brad Mincey

Troop Spotlight



esting while serving my country. Traveling was also a factor, and it is probab why I've been to about 30 countries and nine assignments in 17.5 years.

Name: Mater Sgt. David Triana
 Age: 37
 Hometown: El Paso, Texas
 Unit: AFFOR
 Section/Shop: Operations Flight Air Traffic Control
 Duty title: Deputy Chief Controller, Tower
 MOS/AFSC: 1C171 (Air Traffic Controller)
 Most significant accomplishment: Anytime I get a chance to help someone need.
 Goals: Retire honorably from the Air Force. Continuing to live a happy and productive life.
 Hobbies: Music, baseball, reading
 Favorite Book: The Bible
 Family's Names: Sofia Alexi (wife), Stefan David (10), Christian and - A dres (7).
 Supervisor's Comment: Master Sgt. Triana is a superb SNCO and an outstanding citizen. He is our corporate knowledge in air traffic control issues and an ambassador in blue in the local community.
 When did you enlist and why: December '82. I wanted to do something inter



DOD to crack down on use of 'Ecstasy' in military

By Gerry Gilmore
 American Forces Press Service

WASHINGTON — What drug comes in tablets, small amounts of Ecstasy damage the nerve cells that produce serotonin and cause permanent brain damage, among hedonistic young people today — including some service members? "Recent scientific evidence has shown that even small amounts of Ecstasy damage the nerve cells that produce serotonin and cause permanent brain damage," Smith said. "Users become depressed and suffer from memory loss. Some chronic users become permanently depressed."

The answer is an illegal "designer" drug called Ecstasy, also known as "Adam," "XTC," "Clarity" and "Essence," among other street names. Its use by service members increased markedly in fiscal 1999, and the drug has become a signature among youthful crowds that dance all night in packed, overheated clubs called "raves." DOD's Office of the Coordinator for Drug Enforcement Policy and Support. Smith notes that Ecstasy has been popular since the late 1980s among young people overseas, particularly in Europe. The drug has become a signature among youthful crowds that dance all night in packed, overheated clubs called "raves."

DOD has tracked Ecstasy and service members' use since the early 1990s. "Our primary concern was that this was a popular drug in Europe, and we had service members stationed there," Smith said. The drug has crossed the Atlantic in force: U.S. hospitals participating in the Drug Abuse Warning Network reported that Ecstasy-related emergency room incidents increased nationwide from 250 in 1994, to 637 in 1997, to 1,142 in 1998.

DOD mandated service-wide random testing for Ecstasy in 1997. Ecstasy abuse can be dangerous. "Users taking too much Ecstasy may become dehydrated, have elevated temperature, have a drop in blood pressure, have a seizure, and die," Smith said. "There have been numerous reports of young people dying after Ecstasy use."

"Ecstasy use is still not as prevalent as use of marijuana or cocaine," Smith said. Each 300 milligram Ecstasy tablet contains about 75 to 150 milligrams of the drug, often mixed with other chemicals, Smith said. Tablets may be branded with logos such as butterflies, lightning bolts, zodiac signs, stars and clovers.

Ecstasy is the common name for 3, 4-methylene dioxymethamphetamine, a synthetic, psychoactive drug. It has no medical value and cannot be prescribed legally, Smith said. The drug is mostly manufactured in secret labs in the Netherlands and Belgium, with a worldwide distribution arranged by organized crime. Most people who use Ecstasy range in age from 14 to 25, with 18 being the most common age, he said. The president's Office of National Drug Control Policy reports that most Ecstasy comes from Europe, but noted recently that the Drug Enforcement Administration seized five clandestine Ecstasy labs in the United States in early 1999. The U.S. military takes service members' drug abuse seriously. It uses education and deterrence — most in the form of random urinalyses testing — to reduce drug demand within its ranks, Smith said. The efforts continue to be successful, as shown by the relatively low number of service members who are testing positive for illegal drug use. DOD conducted 2,273,998 urinalyses in fiscal 1999, according to Smith. Marijuana positives were 12,006, cocaine positives were 2,839, methamphetamine positives were 807, Ecstasy positives were 432, and lysergic acid diethylamide — LSD — positives were 325.

Additionally, the Defense Department has worked for three years to develop a better drug test, Smith said. "Next year, DOD will implement a better screening process in its random drug testing program that will be more sensitive and identify more Ecstasy users," he said. "DOD has also been working with law enforcement officials to track and identify sources of supply and regions where Ecstasy use is most prevalent. The largest recent increase in use has been in the Northeast."

Using Ecstasy violates Article 12-A of the Uniform Code of Military Justice, Smith said. The article outlaws the knowing use of any illegal drug in the military. Drug users are subject to punitive discharges, prison or both.

"Many drug users believe that they will not get caught, but when they do get caught in a random drug test, the consequences are harsh," he concluded.

"Many drug users believe that they will not get caught, but when they do get caught in a random drug test, the consequences are harsh."

Col. Mick Smith, science and testing officer of DOD's Office of the Coordinator for Drug Enforcement Policy and Support

MWR TRIPS

Certification in Utila

Sept. 22 to 25, 29 to Oct. 2 and 6 to 9

MWR hosts diving trips to Utila, Bay Islands for those who want to dive, snorkel or complete or continue dive certification at the Bay Islands College of Diving - Utila's only five-star PADI school.

Two hotel packages are available. Lodging ranges from \$12 to \$45 per night with single and double occupancy as well as meal packages available. Fun dives are \$15, and the open water certification course, which begins with academic training at Soto Cano, costs \$150. The school also offers an advanced open water certification course for \$150. Airfare from Tegucigalpa to Utila is \$116 per person. Prices do not include taxes, tips or incidentals.

Airfare from Tegucigalpa to Roatan is \$121 per person. Prices do not include taxes, tips or incidentals.

Copan Ruins

Oct. 6 to 8 and 27 to 29

The Copan Ruins have been the major source of information regarding the ancient Mayan civilization and has also been referred to as the most artistically advanced of all the Mayan cities. MWR can put you in touch with four different hotels that host several different activities. Lodging ranges from \$32 to \$60 per night with single and double occupancy available. Prices do not include taxes, tips or incidentals.

Valley of the Angels

Sept. 24, 30, Oct. 7, 8, 14, 22 and 28

MWR sponsors a variety of shopping trips to various locations and provides the transportation. Trips depart contracting parking lot at 8 a.m. and return at 5 p.m.

Enjoy a day or weekend riding a boat around Lake Yojoa or visiting the waterfalls. MWR owns the boats. Servicemembers need to pay for boat fuel. Waterfalls are located 45 minutes from Lake Yojoa. Day trip participants will need to choose between the lake and waterfalls. MWR provides the transportation. Overnight lodging packages starting at 200 limpiras per person per night are available through Tours and Travel. Prices do not include taxes, tips or incidentals.

Roatan Islands

Sept. 23 to 25, Oct. 6 to 9 and 13 to 16

MWR offers "fun in the sun" or diving trip packages to Roatan.

Resort Option 1: Both packages include three nights and four days lodging, Roatan Airport transfers, three meals per day, and use of canoes, kayaks, tennis court and jogging track. The "fun in the sun" package costs \$426 (single occupancy), \$339 (double occupancy) per person and also includes a daily \$20 beverage credit. The "certified diver" package includes three dives per day including tanks and weights and costs \$330 (single) or \$270 (double) per person.

Resort Option 2: Both packages include deluxe accommodations, Roatan Airport transfers and three meals per day. "Fun in the sun" package is \$85 (single) and \$62.50 (double) per person per day and includes free snorkeling with all guests having the option of going out on the boats to snorkel at dive site. "Certified Dive" package includes three boat dives per day and unlimited shore diving. Equipment rental is \$25 per day.

San Pedro Sula

Sept. 22 to 24, Oct. 6 to 8 and 20 to 22

San Pedro Sula is considered the industrial city within Honduras, has five-star Honduran hotels and nice shopping centers. Tourists staying in the city can take a day trip to Copan Ruins or visit any of the other approved cities in the area. Hotel rooms range from \$50 to \$90 per night per room and meals are not included.

La Ceiba via air from Tegucigalpa

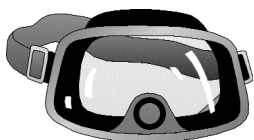
Sept. 22 to 24, Oct. 6 to 8 and 20 to 22

For more information, call MWR at ext. 4268/4458 or stop by the new office in the Recreation Center.

Discover Scuba with Free Class

This is your opportunity to discover risk-free what scuba diving is all about.

This opportunity is being offered to you at no cost Sept. 8 at the base swimming pool from 6 to 9 p.m.



Basic Scuba Diving Training

Are you interested in being scuba certified? Don't wait until the last minute.

Come to the MWR tours and travel office to sign up and for details. Classes will be offered on base Sept. 8 to 10.

Cigar Factory Tour

MWR is offering a trip to the Denali cigar factory Oct. 14.

In Honduras, tobacco is cultivated mainly in the area of Copán, Santa Barbara and El Paraíso.

A large amount of the tobacco produced in the country is exported, while the rest is used here in Honduras for the fabrication of cigarettes and cigars.

Hiking Trips Offered

MWR is offering hiking trips in the Comayagua area. Trips will depart from the contracting parking lot Saturdays at 7 a.m. This is an other option to get away on weekends at no cost.

Herbert Gaekel, your hiking guide, is from the area where you will be hiking. Gaekel grew up in the area and is very familiar with the plants and animals there. Please let him know what type of hiking trip your group would like and he will tailor the trip to fit your desires and skill level.

Here are a few tips to make your trip even more enjoyable.

- ◆Wear comfortable footgear and thick socks.
- ◆Loose-fitting clothes are more comfortable and cooler than tight clothes.
- ◆Bring a swimsuit or clothes you don't mind getting wet, as there are streams and pools along the trail where you can cool off.
- ◆Carry enough water.
- ◆Take along sunscreen.
- ◆Bring insect repellent.
- ◆Wear a hat with a brim or bill.
- ◆Bring something to eat. Snacks such as power bars, candy. You may even want to bring an MRE.
- ◆Bring a camera.